

## Missouri Department of Health and Senior Services

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EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

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## Tips for Adding Meat to Your Child's Meals



**M**EATS AND PROTEIN FOODS are needed for protein and iron, which help your child grow, heal, and prevent iron-deficiency anemia. Use the following tips to add meat and protein to your child's diet.

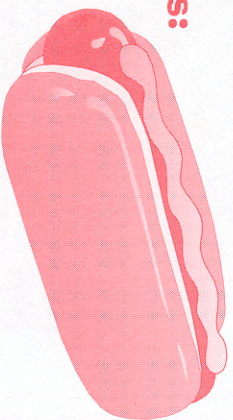
### Down-size:

- \* Make servings small — cut sandwiches into four triangles or squares or use cookie cutters to make other shapes.

- \* Use small buns for hamburgers or sloppy joes.

### Use Easy-to-Chew Meats:

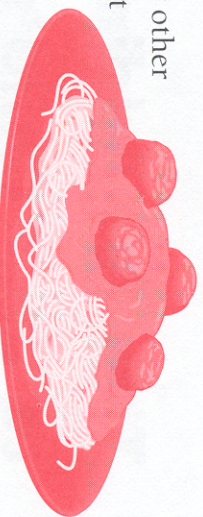
- \* Chicken, turkey, ham, or ground beef are more tender cuts of meat.



- \* Ham, tuna, egg, and chicken salad are easy to chew.
- \* Serve low-fat hot dogs or braunschweiger once in a while.
- \* Meatloaf and casseroles are easy to eat.
- \* Cook with a crock pot or slow cooker.
- \* Simmer roasts with tomatoes.

### Add Meat to Favorite Dishes:

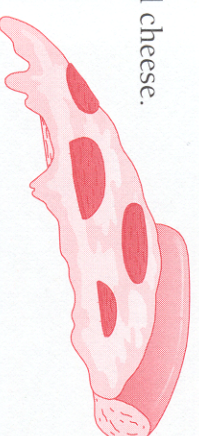
- \* Add ground beef or other small pieces of meat to macaroni and cheese.



- \* Put meat in soups or stews.
- \* Serve meatballs or meat sauce with pasta.

### Other Meat-Meal Ideas:

- \* Pizza with ground beef and cheese.
- \* Stir-fry with chicken, beef, or pork
- \* Grilled sandwich with a slice of meat and cheese

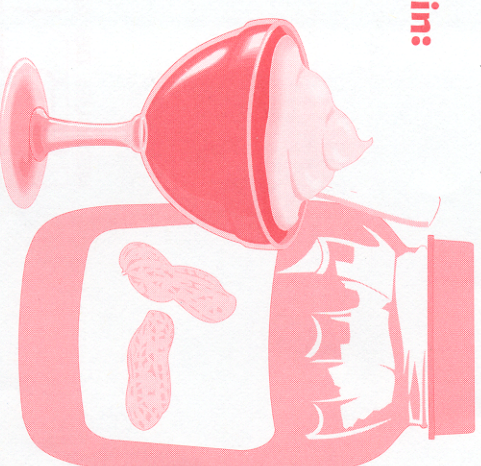


### Add Some Frills:

- \* Make interesting shapes with cookie cutters.
- \* Serve colorful side items like fruits and vegetables.
- \* Add ketchup or mustard smiley faces.
- \* Try fun pasta shapes — shells, wheels, etc.

### Other Kinds of Protein:

- \* Macaroni and cheese
- \* Dried beans or peas
- \* Peanut butter
- \* Nuts (after age 3)
- \* Tofu
- \* Eggs



### Add Meat and Protein at Snacktime:

- \* Ham slices and cheese on crackers
- \* Peanut butter on celery or crackers
- \* Hard-boiled eggs
- \* Pudding